

ELLINGTON TOWN CRIER

A SENIOR CENTER NEWSLETTER

“SUPPORTING SENIOR LIFE”

Ellington Senior Center

**16 Church Street, P.O. Box 187
Ellington, CT. 06029**

MARCH 2013

Main Number: (860) 870-3133

Director: Erin R. Graziani

Volunteer Receptionists: MaryAnne Mandell,
Marie Hornak

Easter Seals SCESP Receptionist: Linda Sika

Assistant to Director: Jean Baseel
Program Coordinator: Samantha Baer

Transportation Services Number: (860) 870-3137

Drivers: Peg Anderson & Mike Joslin Secretary/Clerk: Florence Brennan & Claude Robert

To Access the Town Crier News

Calendar on the Town's Website:

www.ellington-ct.gov

Click: “Our Town News”

Select: “Newsletter”

Select: “Senior Center”

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

Transportation Appointments - Call:

Mon - Fri 9:00 am – 12:00 pm

Greetings,

In February, we received many expressions for “Happy Valentine’s Day” with handmade centerpieces from high school senior student Gigi Rubino and her classmates with the National Honor Society. These beautiful centerpieces adorned our tables throughout the month. Thank you National Honor Society members! Also, Center School students with the YMCA daycare made a variety of cute cards to acknowledge February 14. Our friends, “The Senior Center Superstars” from Windermere School crafted valentine’s bookmarks! The Senior Center Superstars have reached out to us by creating a booklet, “Meet the Senior Super Stars”. This thoughtful booklet introduces our friends as a way of reaching out to us as part of “Rachel’s Challenge.” Now it is our turn to reach out to these students to introduce ourselves to them! They have made a one page sheet for us to follow. Please see the receptionist for your sheet. I will be collecting all sheets by March 15 to bring to Windermere Intermediate School. I thank everyone for remembering us in such a special way!

Our transportation department is bustling with more medical appointments for the past few months. So, we can accommodate this need a change for appointment schedules is extended to 2:30 p.m. Monday through Friday. Please be remindful that for local physician’s visits your last appointment is scheduled for 2:30 p.m. For rides for medical appointments to further towns, please make appointments no later than 1:30 p.m.

Once again, on behalf of the Town of Ellington, Human Services Department/Senior Center, we acknowledge and thank everyone who has given their annual \$25.00 donation. For individuals who would like to donate please make checks or money orders to: Ellington Senior Center-Transportation Services.

Please refer to flyer inside for a community variety show presented by *Rise Above and Opening Knights Players* set for Saturday, March 23rd at Ellington High School Auditorium. Proceeds go to The Troy Russell Benefit Fund.

Sincerely,

Erin G

Erin R. Graziani, Senior Center Director

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW
31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131

TRIAD SENIOR SAFETY NEWS – March 2013

Medicare & the Medicare Savings Program- March 7th at 2pm at the Ellington Senior Center presentation by Patty Richardson from the North Central Area Agency on Aging. Patty will give useful information on Medicare; how to apply for the Medicare Savings Program; the CT Home Care program for Elders; and the Respite grant program. Please RSVP your attendance by signing up at the Senior Center or calling 860-870-3131

March is....

Brain Injury Awareness Month—a brain injury can happen anytime, anywhere, to anyone - 1.7 million Americans sustain brain injury each year. For more info call 1-800-444-6443 or www.biausa.org

Colorectal Cancer Awareness Month—for information on colorectal cancer and colonoscopy contact the American Cancer Society at 1-800-227-2345 or go to www.cancer.org

Multiple Sclerosis Awareness Month - contact the Connecticut MS chapter at 860-913-2550 for information on MS and to learn more about the upcoming April 21 MS walk in Hartford sponsored by The Travelers. Or you can send an email to Michael.Branda@nmss.org

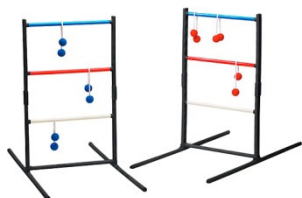
Upcoming April TRIAD events:

April 17th at 2pm at the Ellington Senior Center—CL&P Energy Efficiency workshop. Prizes & refreshments served. More detail in April Town Crier.
Register to attend at the Ellington Senior Center

SAM'S SPOT - MARCH 2013

NEW SPRING PROGRAMS COMING SOON...

Ladder Ball Anyone?



Question and Answer Session with Barry & Sam

Wednesday, March 20th at 9:30am

Stop by and learn about this fun new game - similar to horseshoes and lawn darts - played outside!

Weekday Walkers Club Informational Meeting:



Wednesday, March 27th at 9:30am

Come share your ideas on how we can make this

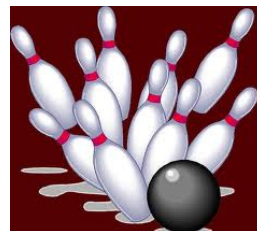
NEW spring program a success!

Volunteer Coordinators will be needed.

MARCH Wii BOWLING DATES

Fridays: 3/1, 3/8, 3/22

10am-12pm



Congratulations to Marie and Morris for breaking 200!

IRELAND

Looking to get away somewhere, but don't want to pay for the hassle of airports, jet lag and lost luggage? Use your imagination and come explore Ireland with us at the Ellington Senior Center.

Thursday, March 7th

10:00am

FREE

Snacks & Beverages Provided



YOU ARE INVITED - AND NEEDED!

St. Patrick's Day Luncheon

Thursday, March 21st

12:00pm

See the Newsletter for Details!

VOLUNTEERS ARE NEEDED FOR THIS
LUNCHEON!

Meeting to discuss positions available:

Thursday, March 14th at 11:00am

We'd love to see you there!



Best Buy Technology Classes -

Next topic and sign-up coming soon!

Keep an eye out for April's "Sam's Spot"

for the details...



Senior Center News

Better Age Club – March programs @ 1pm:

3/14/13 – Business Meeting/Christopher Davis

3/28/13 – Don Maguda/Business Meeting

Ellington Singers – Ellington Singers will host a “Free” musical program to be held at the Ellington High School auditorium on Thursday, April 18, 2013 at 1pm. The Ellington Singers have been practicing and look forward to having you be a part of this musical event. Refreshments will be available to all who attend. There is no fee for this program. All we ask is that you bring a can food donation as an entrance fee. All food collected will be delivered to the Town of Ellington Food Bank.

Memories & Creative Writing ~ The 3rd week of every month features Memories and Creative Writing. March’s meeting date is **March 20, 2013**, from 1:00pm – 2:30pm at the Ellington Senior Center. This group welcomes all interested parties in sharing written literature or oral contributions. “All” are invited to join in this wonderful group of individuals. We will begin to assemble our stories, poetry, etc in the prospect of issuing our 4th presentation booklet. Come join us!

Musical Insights ~ March programs 2nd & 4th Monday of the month @ 6pm:

3/11/13 – Irish Program, presenter ~ Dorothy Carney and Friends

3/25/13 – George Beverly Shey-Gospel, presenter ~ Jim Dixon

St. Patrick’s Luncheon – Thursday, March 21, 2013 @ (12pm). Join us for a delicious holiday luncheon catered by Geissler’s Supermarket. Cost is \$10 per person, payable upon sign-up. Lunch consist of corned beef brisket, cabbage, carrots, potatoes, rye & soda breads, dessert and beverage. Sign up with front receptionist. ☺

Sew & So Craft Program – Due to the St. Patrick’s Day Dinner on 3/21/13, Sew & Sew Crafts will be cancelled for that day.

2013 Tax Program – Being held on Thursdays through April 11, 2013. All appointments are held at Arbor Common in the conference room from 9:00am – 12:00pm (last appointment taken). Contact volunteer is Maureen Staggenborn. **You must pre register for this program.** Sign-up is at the Ellington Senior Center.

Health Screenings

Blood Pressure Clinic & Diabetic Screening – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m. There is no charge for these services. March dates are 3/12/13 & 3/26/13.

Podiatry Clinic – In the month of March, podiatry nurse Rita Vigneau will be at the Ellington Senior Center **on Friday, March 15, 2013**. *Cost is \$28.00. Call Rita directly to schedule your appointment. She can be reached at (860)742-1102.

Transportation Department

The Town of Ellington Senior Center Transportation Department

Transportation Services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program.

am. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA).
“Funded in part, by the Older American’s Act.”

Transportation Services are offered five days a week for social activities and medical appointments. Our drivers are Peg Anderson and Mike Joslin. **If you are a newcomer, please request your “Transportation Packet”** that provides you with the program’s **rules and regulations** by calling the **Transportation Line at (860) 870-3137** between the hours of 9:00am to 12:00pm. **Our transportation secretary/clerks are Florence Brennan and Claude Robert** who will gladly assist you with your transportation requests. **An annual donation of \$25.00 is suggested and appreciated.**

Transportation packet highlights:

- Riders must be ready 15 minutes prior to pick up time.
- Driveways and sidewalks must be kept clear of all obstacles and cleared of snow and ice, for your safety as well as our driver’s safety.
- **Riders be mindful of the fact that pick up times may be delayed up to 15 minutes, depending on traffic, weather, etc. We will do our absolute best to make your appointment time.**
- Please stay tuned to local television channels 3, 8, and 30 for up to date notices or weather delays.
- Transportation services follow the town calendar for holiday closing’s, please obtain the Senior Center’s monthly newsletter, the “Ellington Town Crier” for information.

TRANSPORTATION ~ IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Ellington Medical Appointments Transportation Services (EMAT’s)

- Transportation for **non-emergency** medical appointments.
- **Normal hours for medical transportation are offered Monday – Friday between the hours of 9:00am-2:30pm** ***For appointments not in local area, last appointment time is 1:30 p.m. \$2.00 donation fee per round trip is suggested and appreciated. Thank you!**

Reminder:

1. All transportation requests must be reserved at least **two weeks in advance**
2. A new waiver form must be completed for update information.
3. Transportation services are for non-emergency medical appointments.

Ellington Senior Center
TRIPS
Trip Coordinator Volunteer – Ann Harford (860)870-3133

SENIOR CENTER TRIP 2013 CALENDAR

Saturday, April 27, 2013 – West Point Dress Parade: West Point Academy welcomes you to view the famous U.S. Military Academy Cadet Review. These reviews/parades are part of West Point tradition and instill discipline and order within the Corps of Cadets. Lunch is served buffet style at The Hotel Thayer on the grounds of the U.S. Military Academy at West Point. The Hotel Thayer is a national historic landmark. Lunch is an elegant buffet of salads, hot entrees, vegetable, starch, dessert, coffee & tea. After lunch enjoy a guided tour of West Point. Cost of this trip is \$93.00 per person. This includes all taxes and gratuities. For reservations, contact Ann Harford at 860-870-3133. Checks payable to S.C.A.F.

Wednesday, May 15, 2013 – Newport Playhouse & Cabaret Restaurant, “Spreading It Around.”: This light hearted comedy finds a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation. This terrifies her son. After the show, it is back to your original table where the dining room is transformed into a captivating Cabaret! Cost of this trip is \$78.00 per person. For reservations, please contact Ann Hartford @ 860-870-3133. Sign-up at the Ellington Senior Center.

Wednesday, August 14, 2013 – Connecticut River Dixieland Cruise: Enjoy an afternoon of fun on the water! Join us as we board the Elegant Lady Katharine in Haddam, CT for an unforgettable 2 ½ hour cruise experience as you make your way down the picturesque Connecticut River enjoying the lively sounds of a Dixieland band. Lunch includes a captain’s buffet. Cost of this trip is \$98.00 per person. This includes transportation, luncheon cruise, entertainment, escort & gratuities. Sign-up at the Ellington Senior Center.

September 8 – 10, 2013 – Rochester, NY and Niagara Falls: We have combined the beauty of Niagara Falls with the interesting city of Rochester, NY. You will have time at the George Eastman House and a winery. This 3 day trip includes; roundtrip deluxe motor coach, 2 nights at the HOTEL in Rochester, 2 buffet breakfasts, 2 full dinners, free time at the Seneca Casino with bonus, time on the NY side of Niagara Falls, dinner at the Lake Ontario winery, musical entertainment at the winery, a visit to the George Eastman House (Kodak Film Museum), duty free shopping stop, and there is more, a Lake Ontario cruise on the Mary Jemison. Cost of this trip is \$375.00 per double; \$365 per triple; and \$485.00 per single. Cancellation protection is available for \$25.00 per person. Sign-up at the Ellington Senior Center. Checks payable to S.C.A.F.

September, 25, 2013 – A memorable trip to Foxwoods “Fox Theatre” to see Deana & Ricci Martin; son and daughter to one of the most beloved entertainers of all time, Dean Martin. Daughter Deana and son Ricci come together for an afternoon of songs, stories and beloved memories of their father and what it was like to grow up in the limelight. Presented by Tours of Distinction. Cost of this trip is \$68.00 per person. Package includes reserved RED seating for the 2:00pm show, current Foxwoods Bonus Package, free lunch buffet, motor coach transportation, and all escort & gratuities. Checks payable to S.C.A. F. Sign-up is at the Ellington Senior Center.